

## 论著

### 直立倾斜试验诱发晕厥直至出现抽搐症状89例的临床特点及处理

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#### 摘要:

目的:探讨直立倾斜试验(head-up tilt table test, HUTT) 诱发晕厥直至出现抽搐症状的临床特点及其处理。方法:2000年9月至2011年8月在中南大学湘雅二医院晕厥专科门诊就诊或住院的不明原因晕厥、头晕、头痛、胸闷等患者进行HUTT检查2377例次, 年龄2.00~78.00(18.57±14.39)岁, 男1116例次, 女1261例次。其中<18岁(儿童组)1719例次, 年龄2.00~17.92(10.88±3.02)岁; ≥18岁(成人组)658例次, 年龄18.00~78.00(38.66±12.87)岁。总结HUTT过程中诱发晕厥直至出现抽搐症状患者的临床特点及其处理措施。结果:1)2377例次HUTT过程中诱发晕厥直至出现抽搐症状89例(3.74%), 其中成人组(62.92%) 高于儿童组(37.08%) ( $\chi^2=87.842, P<0.01$ )。2) 窦性停搏及心率恢复时间:89例受试者中25例(28.09%) 出现窦性停搏, 窦性停搏时间3.00~14.60(7.90±3.44) s。HUTT结束后心率恢复时间0.50~37.00(3.05±4.11) min, 其中70例(78.65%) 在平卧后3 min内恢复。3) 干预措施:所有受试者完成HUTT后, 均通过采取平卧位给氧、神志清醒后喝盒装牛奶等措施后, 心率及血压自行恢复, 抽搐症状自行消失, 未出现死亡病例, 仅2例通过静脉给药后生命体征恢复正常。结论:不明原因晕厥、头晕、头痛、胸闷等患者在HUTT中诱发晕厥直至出现抽搐症状者以成人人居多, HUTT结束后采取平卧位给氧、神志清醒后喝盒装牛奶等措施, 抽搐症状消失, 心率和血压可自行恢复正常。HUTT在临床上应用较为安全, 可广泛用于包括儿童在内的各年龄人群。

关键词: 倾斜试验 抽搐 临床特点 安全性

### Clinical characteristics and treatment of 89 patients with head-up tilt table test induced syncope with convulsion

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#### Abstract:

Objective: To study the clinical features and intervention strategies of head-up tilt table test (HUTT) induced syncope triggering convulsion.

Methods: HUTT was performed in 2377 cases (male 1116 cases and female 1261 cases) with syncope, dizziness, headache, chest tightness at Second Xiangya Hospital of Central South University from September 2000 to August 2011. They were 2.00 - 78.00 (18.57±14.36) years old, 1719 cases were younger than 18 years (the children group) [(2.00 - 17.92 (10.88±3.02) years] and 658 were older than 18 years (the adult group) [(18.00 - 78.00 (38.66±12.87) years]. We analyzed the related factors for inducing syncope triggering convulsion symptom and other serious side effects in HUTT.

Results: 1) Eighty-nine patients (3.74%) induced syncope with convulsion symptoms during HUTT, with more adults (62.92%) than children (37.08%) ( $\chi^2=87.842, P<0.01$ ). 2) Sinus cardiac arrest and heart rate recovery time: 25 (28.09%) out of the 89 patients had sinus cardiac arrest. The sinus cardiac arrest time was 3.00 - 14.60 (7.90±3.44) s. After the HUTT, the heart rate recovery time was 0.50 - 37.00 (3.05±4.11) min, 70 of which (78.65%) resumed 3 min. 3) Interventions: when all patients completed the HUTT, they would take oxygen and drink milk and other measures to relieve convulsions and recover heart rate and blood pressure. No one died, and the vital signs of 2 patients returned to normal after intravenous administration.

Conclusion: Induced syncope triggering convulsion symptom in HUTT is more common in adult patients. Convulsions disappear and heart rate and blood pressure return to normal after taking oxygen and milk and other measures. HUTT in clinical practice is safe, and can

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be used in patients of all ages.

Keywords: head-up tilt table test convulsions clinical features security

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